

# Nutrition and Wellness

## Equipment List (Updated 2008)

Item	Description	Estimated Cost
1. Kitchen Calculators (Classroom set = up to 30.)	Volume, temperature, and weight conversions; adjust portion sizes; recipe scaling; large LCD display; timer with alarm; adds, subtracts, multiplies, divides; clear soft plastic cover	\$600 per set
2. Digital Camera	Auto focus, zoom, LCD color monitor, compatible with computer and software, and include strap, storage case, and AC adapter/charger	\$400
3. Rotisserie	Indoor, electric with accessories and variable settings to cook a variety of foods including meats and vegetables.	\$175
4. Grill	Indoor, large, electric, slanted griddle style grill with accessories.	\$100
5. Body Fat Analyzer	Digital with auto calculations and multi-functions.	\$100
6. Juicer	Electric, multiple settings and accessories for a variety of foods.	\$100
7. Blender/Smoothie Maker	Electric, multiple settings and accessories for a variety of beverages.	\$200
8. Additional Supplies	<p>Ethnic Cookbooks</p> <p>Large World Map with Stick Pins</p> <p>Electric Wok and Accessories</p> <p>Crepe Maker</p> <p>Quesadilla Maker</p> <p>Food Portion Scale</p> <p>Digital Body Weight Scale</p> <p>Professional Subscriptions to Nutritional Publications (ex.: Cooking Light, Vegetarian Times, Bon Appetite)</p> <p>Nutrition Based Health and Fitness Videos</p> <p>Electric Food Dehydrator and Mandoline Food Slicer</p> <p>Visual Aids Package that include posters for: myPyramid, Nutritional Recommendations, Healthy Habits, Exercise &amp; Fitness, Portion Sizes.</p> <p>Visual Models Package that include: Fat Models, Artery and Bone Models, Food Models, Dietary Fat Salt and Sugar Displays, Portion Size Models.</p> <p>Pedometers (Classroom set can be up to 30 pedometers.)</p>	<p>\$50</p> <p>\$60</p> <p>\$50</p> <p>\$50</p> <p>\$50</p> <p>\$15</p> <p>\$50</p> <p>\$50</p> <p>\$150</p> <p>\$100</p> <p>\$200</p> <p>\$700</p> <p>\$150 per set</p>